

Interesting in becoming a lifeguard but aren't sure if you have what it takes? Participate in our FREE Lifeguard Preparation class!



FREE LIFEGUARD PREPARATION CLASS

Bud Kearns Pool 2229 Morley Field Dr. 619) 692-4920

This is a <u>FREE</u>, drop in class. Pre-registration is not required.

May 28 - June 13, 2019
Tuesdays & Thursdays, 5:30-7:30pm

Prerequisites & Requirements

Participants must be comfortable in the water, be familiar with freestyle & treading water & be 15 years of age by June 28th.

The Lifeguarding Preparation Class is designed to coach and teach individuals interested in taking a Lifeguard Training Class but who may not be confident or strong enough swimmers to pass the prerequisite test. This class will prepare individuals to complete the skills listed under "Tryouts & Prerequisites" for the Lifeguard Training Class on the reverse side of this flyer.

Participation & attendance in this class **does not guarantee** participants will be able to complete the requirements for taking a Lifeguard Training Class. It will only serve to familiarize participants with skills needed to take an LGT class and increase their endurance and comfort in the water.

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